

LEVEL
ONE

Christian Science Sentinel



February 19, 1979

Vol. 81, No. 8

50¢

"What I say unto you I say unto all, WATCH."—Jesus



Healing can't be held back

A young man tells how
he became a Christian Scientist

The health revolution

- 281 Ability through reflection Merrilyn Bishop Hawke
 285 Healing can't be held back Isabel S. Davis
 287 This gentleness remains Richard Requarth
 290 Stand fast (Poem) Rolf Witzsche
 291 Toning mental muscles Robert L. T. Holcomb
 294 Destroy the belief Ellen C. Lessiter
 296 PERSPECTIVE ON THE NEWS
 303 Lesson books (Poem) Steven Alan Avey

EDITORIALS

- 298 The health revolution
 300 Floating ax heads

FOR CHILDREN

- 304 Kizzy's rescue Gladys May Gort
 306 To God with love Persis E. Zuber

TESTIMONIES AND NOTICES

- 308 Testimonies of Christian Science Healing
 315 Christian Science Lectures

Founded in 1898 by Mary Baker Eddy,
 Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

Christian Science Sentinel (ISSN 0009-563X). Published weekly by The Christian Science Publishing Society, One Norway Street, Boston, Massachusetts, U.S.A. 02115. Second-class postage paid at Boston, Massachusetts. The design of the Cross and Crown seal is a trademark of The Christian Science Board of Directors, registered in the United States and other countries. Used by permission. Subscription price, postpaid to all countries, one year, \$17.50; six months, \$8.75; single copy, 50 cents.

Postmaster: Send address changes to The Christian Science Publishing Society, One Norway Street, Boston, Massachusetts, U.S.A. 02115.

© 1979 The Christian Science Publishing Society. All rights reserved.

[Printed in U.S.A.]

Christian Science Sentinel®

Marca Registrada

“What I say unto you I say unto all, WATCH.” Jesus

Ability through reflection

MERRILYN BISHOP HAWKE

An active phrase among performing artists is “Good luck!” Can our success or failure really be the outcome of chance? On the level of human thought and experience we may sometimes think that it can. But when we lift our view above what is going on around us and ponder the spiritual reality underlying all things, we find only one power governing, directing, and determining the outcome of our activity—the power of good, to which there is no contrary force.

Christian Science teaches us the practicality of all that we learn of God and His ideas. Spiritual truths are ours not merely to love but to prove. The proving ground is human consciousness, where God’s laws, recognized, reign supreme over so-called material laws and limitations. The effectiveness of these laws maintains order, and they govern our activity even in the so-called human realm.

"He performeth the thing that is appointed for me."¹ As a musician I have relied on this biblical passage to give me a clearer perception of my abilities. Pondering its message, one can see God as the only source of ability and activity. What man does is the expression of divinely inherited abilities—his through reflection, and therefore effortless, infinite, and eternal. Man's ability to express God's infinite creativity is a natural aspect of his being. Reflection and expression, being wholly spiritual, are independent of material circumstance and conditions. To the degree that we understand these spiritual truths, we can work out the harmonious unfoldment of the secondary concepts—physical coordination, instructional costs, time processes, and the cultivation of talent.

While playing in the local symphony orchestra, I had had difficulty with passages in the music before, but through diligent practice I had always been able to perform them in time for the concert. This time was different. No matter how hard I practiced, the difficult passages could not be brought up to tempo. The first of the two concerts came, and much to my distress my fingers simply did not move fast enough to play all the notes. Mounting frustration caused other mistakes.

The next morning my first thought was to practice in hope of perfecting the passages in time for the second concert that evening. But remembering the many hours of practice already spent, I realized that another couple of hours wouldn't make much difference. Then it came to me that the most important aspect of preparation had been neglected—the spiritual. Suddenly I had a yearning to know the spiritual law governing the situation—a higher law than matter could offer, a law that couldn't fail. With this desire came a flood of inspiration, which replaced the darkness of fear, frustration, and failure.

The revelation Moses received of God's nature as I AM THAT I AM took on a new meaning for me. Man doesn't have to try to be something or do something. He already is the active expression of God's allness, including His perfect ability. All man can ever do or be is what God is knowing him to be doing and being. This knowing constitutes man's reflected ability and activity. To understand these truths has a liberating effect.

But what about my physical limitation in performing the music? Could I understand and feel this free-flowing ability? Of course! No matter what seems to be, God's laws are present and can be seen and applied in any situation. Christ Jesus, our Way-shower, looked away from a limited sense of physical selfhood to infinite cause in his Father, God. Referring to him, Mary Baker Eddy, the Discoverer and Founder of Christian Science, writes, "He never appealed to matter to perform the functions of Spirit, divine Love."² We can translate what appears to be a physical activity into the diviner sense of expressing God's nature, which naturally includes concord and perfection.

As the orchestra assembled on stage I realized that what I had been understanding of man included everyone. Identity is found in Spirit, not matter. We were not really a group of bodies trying to make music, but were all harmoniously reflecting the one Spirit. This took away the feeling of mortal self, separateness, inability, and competition and placed each individual right where he really is, with God in that unique relationship of God's knowing and man's being.

Often there can seem to be strife among members of an orchestra, a section, or with one's stand partner, resulting from egotism, jealousy, or a conflict of personalities. That evening I suddenly gained a diviner sense of our relationship. I saw that each individual's relationship is solely to God. God and man are inseparable in their oneness of being. This eternal oneness is without strife, for Mind without an idea would have no expression, no function, no reality. As my concept changed, I realized that all there ever is, is God and His reflection, which, in effect, constitutes the only relationship present.

"Science reveals the possibility of achieving all good, and sets mortals at work to discover what God has already done . . .,"³ Mrs. Eddy writes. God's work is already complete. The conductor's and musicians' purpose, I saw, is to express through the music what they now grasp of the beauty, art, joy, and order of what God is already performing.

Time is a mortal concept, always suggesting limitation. God's creation is instantaneous, from the conception of His idea to its unfoldment and expression. God's ideas are eternally complete.

Needless to say, I was uplifted and at peace throughout the entire concert. I played right through the difficult spots in tempo with the other musicians. My thought was lifted from that of being a creator to that of being a creation, reflecting the one creator. The natural outcome was freedom. What a release there is in knowing that one really cannot do anything by himself!

A comprehension of one's real, spiritual activity and a clear view of what is actually taking place unleash true ability—unrestricted in every way. As we leave mortally based thinking, thought rises to the comprehension of infinite ability. Mrs. Eddy explains this in *Science and Health*: "The term Science, properly understood, refers only to the laws of God and to His government of the universe, inclusive of man. From this it follows that business men and cultured scholars have found that Christian Science enhances their endurance and mental powers, enlarges their perception of character, gives them acuteness and comprehensiveness and an ability to exceed their ordinary capacity."⁴

Matter is not the agent for man's creativity. Rather, man is the agent for God's creativity—the continual, unobstructed expression of His self-conscious being. It truly is He who "performs" His already complete creation. We can bear witness to the perfection of this creation and individually express its ever-present beauty in all that we do.

¹ Job 23:14; ² *The First Church of Christ, Scientist, and Miscellany*, p. 288; ³ *Science and Health with Key to the Scriptures*, p. 260; ⁴ *ibid.*, p. 128.

Healing can't be held back

ISABEL S. DAVIS

The Christian Science method of healing might be likened to finding the shortest distance between two points. A situation arises that needs to be rectified—perhaps a lack of funds, friends, or health. Science provides us with the most direct—and ultimately the only—route to healing. We become conscious that we are spiritual expressions of God, loved and cared for, and that we are now in full possession of health and well-being.

Is there any power that is going to hold back the sunrise? Of course not. Nor is there a power that can keep good from asserting its supremacy in our lives.

Our starting point in the practice of Science is always perfect God and perfect creation. In accepting this simple spiritual fact we have taken the first step toward healing.

We must refuse to take the bypath of doubt. We have two priceless textbooks to aid us—the Bible, and *Science and Health* by Mrs. Eddy. Whether or not we are newcomers to Science, the correct answer to our quandary can be found in these two great books. In some instances healing may take persistence, but if we seek no other source for our help, we will not be disappointed.

We need to beware of discouragement and the temptation to quit when the prize is at hand. While we have been thinking we need to change some situation, something wonderful has been taking place. It is the growing conviction that all is already well. It is a soft and clear light, a spiritualization of thought. Like the sun, it can't be held back. Then we realize that the so-called problem no longer exists. Where did it go? It never really was there in the first place. In *Science and Health* Mrs. Eddy writes: "Become conscious for a single moment that Life and intelligence are purely spiritual,—neither in nor of matter,—and

the body will then utter no complaints. If suffering from a belief in sickness, you will find yourself suddenly well.”¹

A child who attended a Christian Science Sunday School asked her grandmother about a birthmark on the side of the grandmother's forehead. She replied that it had been there as long as she could remember, but it never was painful. With a piercing glance the child said, “But you don't have to have it!” The grandmother agreed and asked the child to prayerfully help her realize its nothingness. No more was said.

Turning to the Bible, the grandmother read, “Thou art all fair, my love; there is no spot in thee.”² She put these words on a slip of paper on the bathroom mirror. Seen in the light of Christian Science, they pointed her to the perfection of her true identity. Every time she looked at herself she thought of her genuine spiritual nature and rejoiced in this Bible message. Several weeks later when she was at the beauty parlor the operator asked her what had happened to the birthmark. It had disappeared.

Let's not make healing hard but instead accept Christ Jesus' teaching, “Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein.”³ Simplicity underlies pure Christ-healing.

¹ *Science and Health*, p. 14; ² S. of Sol. 4:7; ³ Mark 10:15.

*I waited patiently for the Lord;
and he inclined unto me, and heard my cry. . . .
He hath put a new song in my mouth, even praise unto our God:
many shall see it, and fear, and shall trust in the Lord.
Blessed is that man that maketh the Lord his trust,
and respecteth not the proud, nor such as turn aside to lies.
Many, O Lord my God, are thy wonderful works which thou hast done.*

Psalms 40:1, 3-5

One of an occasional series of articles by young people who have in recent years become students of Christian Science.

This gentleness remains

RICHARD REQUARTH

Richard Requarth is a recreation director in Arizona. He talked with us about his introduction to Christian Science. This article is condensed from our taped conversation.

Many events leading to his acceptance of Christian Science are omitted here because of space limitations: loss of interest in church, deepening involvement in drugs, estrangement from parents, his decision to discontinue pre-med studies, and his friendship with a Christian Scientist in the dorm. This friend patiently answered Richard's questions and encouraged his investigation of Christian Science. After an especially dismal experience with drugs and a night's soul-searching, Richard decided to give Christian Science a try.

After that first week of studying some literature on Christian Science I was so uplifted, I was so inspired by what I'd read and felt so good, that I just poured out all these things I'd been learning to a friend. Then he said, "Well, sounds as if you're ready to start reading *Science and Health*."

So I dived into Mrs. Eddy's book *Science and Health* and was just reading and drinking it up and soaking it in. I started learning that matter was a manifestation of mortal mind—that what appears to be a universe of solid material objects and material forms isn't that at all. It's this mind's inversion of a very real and substantial universe, a universe that consists of good, eternal spiritual ideas created and sustained by God, divine Mind. I learned that mortal mind is temporal. It isn't immortal. It isn't permanent or even actual, and any so-called healing based on materiality is temporary. Whereas Principle, God, is permanent—eternal—and healing based on Principle is complete. It can't be changed or altered.

I read an article in *The Christian Science Journal* on the nothing-

ness of matter and just glimpsed that matter doesn't constitute life. I saw how Christ Jesus' statement "It is the spirit that quickeneth; the flesh profiteth nothing"¹ indicates that Spirit is the source of real being. We live in and of Spirit. We're conceived and made by it. Our identity, then, isn't a physical body; it's made up of ideas and qualities derived from God: joy, vitality, intelligence, and goodness. I saw that matter isn't the substance that makes up anybody or anything.

My consciousness was opened up. Truth was just flooding in. After all the drugs and all the doldrums and awful things I'd been through, I needed something to genuinely lift me, and it was as if the heavens were opened—light pouring in. I felt so free. One of the things I'd sought in drugs was freedom, and because of the magnification of the senses, drugs give you a false sense of freedom, a false sense of expansion, of release, of expression. They give you a sense perception, but it's all material sense. You're learning more of matter, and you're getting deeper into matter, so that what you're getting is not real freedom. It's deeper imprisonment. It's slavery. It's deception, which is exactly the way evil works. It deceives. It lies. It says, "This is marvelously freeing. This is tremendous love and trust and understanding—all through matter."

Then I saw that matter is the material senses' mistaken view of reality. I was trying to learn of reality through drugs. Drugs didn't enable me to see the unreal nature of matter; instead, like the dragon, the illusion became bloated so that it could be exposed for what it was—a lie, a misrepresentation of God's creation. I was just like a child, just filled with joy that matter is not our life. I felt like singing. I knew matter wasn't the substance of my being. In fact, it couldn't even claim to be. It had no means to—no form of expression or ability, no channel or avenue.

About this time as I was getting out of the shower, I banged my shin very hard. Before that pain could enter my consciousness, I turned entirely to God and just affirmed that man is totally spiritual and that I am completely incorporeal, completely embraced within Him. The healing was immediate, instantaneous. Before even the suggestion of pain could reach me, I felt at one with God—I was totally protected from any

pain ever touching me or from any sense of having banged my leg.

It was total protection, and that's what was deeply meaningful—proving the truth. OK, it was fine to go around being happy that matter wasn't true substance, but the proof came when I ran into something so solid, so material, and yet it couldn't touch my thought because I was so aware that God is reality—that's where we live. Regardless of the material appearances, man is in Spirit.

It started raining, and I put on an old pair of jeans and ran outside, feeling totally exuberant. You know the man in the Bible who asks for money, and Peter says, "Silver and gold have I none; but such as I have give I thee."² The man goes away walking and leaping and praising God. That's how I felt. I was just praising and thanking Him, and freedom was all I could think of. I was finally beginning to discover spiritual freedom.

I started to really study *Science and Health*. After a while I traveled to California to visit a brother. I was still having trouble with cigarettes; I wasn't quite free. I'd used human will to free myself from cigarettes, but human will didn't work. I'd stop, but then I'd go right back. Then one evening I went out to eat with some friends, and they talked me into having some wine and later a cigarette after dinner. Then we smoked some marijuana and got high, and it felt all wrong. I didn't want it. I didn't like it. Yet I let them push me into it.

I went home, feeling pretty bad. After walking around a bit in my room, I realized it had been an imposition. I saw very clearly that it surely hadn't been God's will! God had not willed me to do that, and if it wasn't His will, it had no power over me. It couldn't control me. At that point when I saw I didn't need to be imposed on, the whole burden left me. It totally left me—any belief of that temptation's ability to control me was gone. And that took care of all those other drugs, too. That healing shut the door on them. And it was a very important lesson for me in my growth as a Christian Scientist.

As I look back on those years, I see such a gentle preparation that occurred, such a Christianization. The moral qualities needed to be lived and embodied. I've learned a much better

sense of harmony and dominion. I've had a number of physical healings. Employment—even a career—has worked out too. I'm so grateful for that. And I know better now what genuine companionship is. I feel really close to some people in a Christ-like way.

The breach with the family was healed quickly after I began studying Science. Love was all that was needed. My parents were loving me all along. They haven't suddenly jumped in and accepted Christian Science, but their love is still as strong. I just needed to learn to be more loving and thankful.

Honestly and sincerely, it's been such a gentle experience—even though at times it seemed ferocious. I seemed so out of it, so down in the pits, suffering—and yet through every one of those experiences, I've known that God is here. This gentleness remains.

¹ John 6:63; ² Acts 3:6.

Stand fast

Having done all,
 the wise man stands.
 Rooted in the Rock supernal,
 he breasts the world.
 He is not intimidated!
 He—a born priest of Truth,
 a prince of Life,
 a sentinel of God.
 He must upstage and master fear,
 for God's glory,
 His glory,
 His timeless right.
 He will not be intimidated!

ROLF WITZSCHE

Toning mental muscles

ROBERT L. T. HOLCOMB

A basic teaching of Christian Science is that man, the active expression of God, is not material. He is not a chemically constituted mass animated by electromagnetic impulses. Man has form to his identity, but not as matter. We can conceive of this spiritual identity as having strength, beauty, and purpose. It moves and functions in accordance with the ever-active Principle of being, God.

A wise New Testament writer advises exercise in godliness: "Bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."¹ Though Bible references to running and winning the prize and bringing the body under subjection in training indicate a familiarity with the habits of athletes, there is always a clear perception that the really important discipline is that involved in exercising spiritual qualities. These qualities constitute the genuine spiritual selfhood of each one of us. Individual man ceaselessly expresses love, joy, intelligence. As we see this, we discover new facets of our nature as individual reflections of the infinite Mind, Soul.

What a far cry spiritual identity is from the physical body we see materially! Mrs. Eddy was one of the most profoundly original thinkers of all time. In her book *Science and Health* she writes, "Rightly understood, instead of possessing a sentient material form, man has a sensationless body; and God, the Soul of man and of all existence, being perpetual in His own individuality, harmony, and immortality, imparts and perpetuates these qualities in man,—through Mind, not matter."²

As long as we continue to accept the physical body as our real selfhood, we are subject to the depredations of animal nature. Paul reasoned clearly on this subject in his letter to the Romans: "I find then a law, that, when I would do good, evil is present

with me. For I delight in the law of God after the inward man: but I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! who shall deliver me from the body of this death?"³ Paul was seeking, not the annihilation of identity, but deliverance from a body of beliefs about material existence. On a practical note Paul concludes, "For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live."⁴ In other words, if the individual will live and practice the qualities of Spirit, he will be freed from his false beliefs about Life.

A young Christian Scientist proved the applicability of this line of reasoning during Officer Candidate School. One physical training test seemed overwhelmingly impossible to him. Though many others easily accomplished the feat, he found himself filled with fear. Then pride and shame came on the scene. He was ashamed of his inability. But he knew that Christian Science could correct this inharmony just as surely as it had healed him of other difficulties.

By the time he was faced with taking the test again, he had found the truth he needed—stated by Mrs. Eddy in *Science and Health*: "As astronomy reverses the human perception of the movement of the solar system, so Christian Science reverses the seeming relation of Soul and body and makes body tributary to Mind. Thus it is with man, who is but the humble servant of the restful Mind, though it seems otherwise to finite sense."⁵ What a wonderful thought, that man "is but the humble servant of the restful Mind"! The Christian Scientist resolved to practice true humility, to stay with the truth that God is the great doer; man is the expression. He really held to the facts of true being.

When his turn came, he was surprised to find the task completed easily, so conscious had he been of his spiritual identity as the reflection of Soul. He had demonstrated that humility is a function, or activity, that powerfully supports our recognition of spiritual identity.

Man is not at the mercy of instinct or animal impulse. Each one of us can exercise spiritual qualities right now and thereby

begin to demonstrate Christian Science. For instance, each of us at this very instant can do something kind, thus expressing Love. Each individual can be grateful for *something*, however insignificant it may appear, thus demonstrating one of the graces of Spirit. We can clean or tidy some disheveled place, and in this way express the harmony of Soul. We can consciously forgive another and find an outward expression of that forgiveness. This manifests Mind or intelligence, for expressing Love (seeing the truth of God and man) is the most intelligent thing anyone can do. We can study the Bible and Mrs. Eddy's writings, searching for the solution of the world's ills and praying for the vision to see through the illusion of evil to the reality of good. In this unselfish prayer we demonstrate Truth. We establish the true view of ourselves and others as the man of God's creating, free from ignorance and fear. The Christ Science reveals to us the man that already is.

We can exercise the qualities of God. We can demonstrate Christian Science at this very moment! But in this Science, as in every right endeavor, practice makes perfect. We must practice the spiritual qualities that make up our true identity and correct bad habits of thought. As we continue this spiritual exercising, tone up our mental muscle, so to speak, eliminate flabby, selfish thoughts and actions, we find that spiritual strength is ours.

¹ I Tim. 4:8; ² *Science and Health*, p. 280; ³ Rom. 7:21-24; ⁴ 8:13; ⁵ *Science and Health*, pp. 119-120.

Next week in the Sentinel

Next week's *Sentinel* will focus
on the theme "Joy of living."

Destroy the belief

ELLEN C. LESSITER

Evil and disease are not actualities. They are erroneous beliefs. And one can learn *not* to believe in them as true, present, or powerful.

The true facts of being dispel mortal beliefs and change motives and actions. The result is better health and greater freedom. In such yielding up of human misconceptions for spiritual ideas from the one Mind, God, we discover that mortal beliefs and a material sense of life are one and the same. This false sense needs to be exchanged for the true consciousness of life as in and of Spirit.

Sickness loudly testifies to life in matter. But people seem to be sick only because they believe this lie, believe that they live in a material body and that it, rather than immortal Mind, governs them. In proportion to one's understanding that Life is God, who expresses Himself everywhere in changeless perfection, the beliefs of material sense are destroyed and the body healed.

In *Science and Health* Mrs. Eddy writes, "If Christian Science dishonors human belief, it honors spiritual understanding; and the one Mind only is entitled to honor."¹

At one time a series of painful mishaps roused me to gain a deeper insight into my true being. I began affirming that my identity was not in reality a physical form but a compound idea of the divine Mind, reflecting Mind's qualities. However, the condition seemed tenacious. One day I would appear to have a strained back, another time pulled muscles. Though I took extra care in getting in and out of cars, worked less vigorously in my home, the strain persisted.

One night when it became increasingly difficult to change position, I silently prayed. I became conscious of this insistent

message of Truth: "Destroy the *belief*." I felt assured and was immediately freed from pain as I put this Christly thought into action, deeply grateful for divine Love's tender care.

In the morning I found this statement in *Science and Health*: "Admit the existence of matter, and you admit that mortality (and therefore disease) has a foundation in fact. Deny the existence of matter, and you can destroy the belief in material conditions."²

What an inflow of inspiration followed! It dawned on me to a far greater degree than ever before that matter is not the reality of being; that it has neither substance nor intelligence and therefore cannot make conditions for man, the idea of God. Action and consciousness are governed by Mind, the sole governor of man and the universe.

All that is present now and eternally is God and the man of His creating. The omniscience of divine Mind precludes any element unlike good in man. In reality there is no mortal mind to suggest and believe falsities, because the divine Mind is supreme and All-in-all. There is no consciousness but that of harmonious being.

In *Science and Health* we read: "The Scriptures say, 'In Him we live, and move, and have our being.' What then is this seeming power, independent of God, which causes disease and cures it? What is it but an error of belief,—a law of mortal mind, wrong in every sense, embracing sin, sickness, and death? It is the very antipode of immortal Mind, of Truth, and of spiritual law."³

Christ Jesus taught and applied spiritual law. He negated disease and limitation. He proved the nothingness of mortal beliefs. He demonstrated the allness of God and man's oneness with Him in all he did, saying, "It is the spirit that quickeneth; the flesh profiteth nothing; the words that I speak unto you, they are spirit, and they are life."⁴

We too can prove that all kinds of discord disappear as we surrender mortal beliefs for immortal facts.

¹ *Science and Health*, p. 183; ² *ibid.*, p. 368; ³ *ibid.*, p. 208; ⁴ John 6:63.

Solving labor disputes What we can do

Justice for all is not an elusive ideal but a present possibility.

We are called upon to prove this as labor disputes from time to time threaten to strangle the vital services and economies of whole nations, causing hardship to millions. Grievances—some legitimate and some not—result in such disruptive action as strikes of workers in key services in Britain. And there is mention of possible strife when labor contracts in the United States come up for negotiation in the spring.

Justice is a concomitant of true being, established and maintained forever in the spiritual universe through divine law. It is an attribute of omnipresent Principle. It is established on earth to the extent that humanity discerns and feels the government of God as present reality.

More than seventy years ago Mary Baker Eddy said she had for a long time prayed daily for war between nations to cease, and she further insisted, "National disagreements can be, and should be, arbitrated wisely, fairly; and fully settled."¹ And on several occasions she cites the Golden Rule as the basis for the solving of disputes of every kind.

Undoubtedly the unselfed love that is the basis of Christ's teaching "Whatsoever ye would that men should do to you, do ye even so to them"² could be more conspicuously present when disagreements, even among fellow countrymen, are to be settled. Bitterness between government and strikers, management and labor—even resentment on the part of citizen-bystanders whose lives are woefully disrupted despite their innocence of involvement in the causes of controversy—all this has a solution.

What can be done? While we may feel helpless—victims of

mammoth forces of self-will we are powerless to affect—prayer can reverse this frustration. Much can be done to bring the power of God to bear on the situation to heal it. The power of scientific prayer—spiritually mental action that recognizes the truth and presence of divine Being, and acknowledges its qualities of love and justice to be in operation then and there, even at the bargaining table—is adequate to offset mortal elements of self-interest, greed, injustice, and wrongful political considerations that may seem to becloud the issues. Anyone can bring this healing thought into action through the understanding of Christian Science, God's law of harmony.

Should negotiations be deadlocked and conditions reach a climax of frustration, Mr. and Mrs. Citizen, their children—everyone—can bring powerful spiritual forces to bear. As they individually view the conflict and the mortal arguments pro and con in the light of the divine Mind's presence and government of the universe, the spiritual influence of the Christ will be felt right in the conference room where negotiation is stalled.

Instead of selfishness and disregard of public welfare, there will be more evidence of justice and care. Instead of stubborn will, cooperation will emerge. Instead of personal sense, there will be a response to Principle. The metaphysician's acknowledgment that there is but one Mind, and the recognition that this Mind is reflected by every individual involved, will make a significant contribution to intelligent, fair, workable agreements. Justice will have its impact on all parties concerned. Disputes will be more quickly and fully settled and national harmony restored. More of the divine government will be evidenced in the affairs of mankind.

¹ *The First Church of Christ, Scientist, and Miscellany*, p. 286; ² Matt. 7:12.

Editorials



GEOFFREY J. BARRATT
Editor

NAOMI PRICE
Associate Editor

NATHAN A. TALBOT
Associate Editor

The health revolution

The authentic health revolution—a completely new approach to gaining and keeping health—cannot come from the development of more potent vaccines, nutrition, exercise, abstinence from certain foods, and so on. Radical change in health can only come with a radical spiritual understanding of God and, as a consequence, of man, the creation of God. If we think of man as organic and mortal, we cannot help looking in the wrong direction for health and for all-round well-being.

The basis for the totally fresh concept of health emerged in the modern age one hundred years ago. Mary Baker Eddy had suffered ill health herself and in endeavoring to help herself and others had experimented with material methods, including homeopathy. The beginnings of her discovery of Christian Science came at a time when she was critically ill after a fall and turned to God—without reservation—for healing. She found herself well. Studying, probing, pondering the Bible, she learned of the divine laws that had healed her. She healed others on a spiritual basis. Again and again she proved the practical importance of accepting the presence and omnipotence of God as literally true. She realized that Spirit, God, is the only Maker of man; and that man neither originates in matter nor has ever deteriorated from total spiritual perfection into physical imperfection.

In a succinct statement, she presents a whole new definition of health based on a spiritually scientific sense of God and man: "The true consciousness is the true health."¹ This spiritual fact has endless practical implications.

What is the true consciousness that comprises authentic health? Isn't it the consciousness that derives from divine Truth,

God? The consciousness that is inseparable from Truth, the only Mind? Man is never away from or outside divine Truth. He does not live in the finity of a flesh-body. Man is non-organic, noncellular, not doomed to expire, but immortal. Man is the outcome of God, and represents all that God is. Godlike qualities make up man. Nothing man reflects can sicken or die, for it has eternal roots in divine Life.

Material, personal consciousness—the mind of mortals—seeks health, even immortality. But these are only accessible to the extent that that consciousness makes place for the divine consciousness. Healing appears as we change the base of our reasoning in relation to God, man, consciousness, health. It needs a willingness to peel away “good” mortal beliefs as well as bad. “It is as necessary for a health-illusion, as for an illusion of sickness, to be instructed out of itself into the understanding of what constitutes health; for a change in either a health-belief or a belief in sickness affects the physical condition,”² Mrs. Eddy tells us.

What claims to pull us off in unhealthy directions is the belief that man is mortal and includes in the physical body—in the cranium—a little, distinct thinking apparatus of his own. A derivative belief is that this apparatus is spongelike, floating around in the soupy, materially mental environment of mankind in general and soaking up negative elements of that environment.

This is not the spiritual reality of the situation. Such misconceptions can be consistently denied. Through scientific prayer or treatment they can be replaced with the truth of divine Mind’s all-presence and man’s individuality as Mind’s idea. The Science of Mind is applicable to health in a broad sense.

For example, consider anxiety and stress. A commentator on the business world said recently, “Managing stress is part of the skills a manager needs to know.”³ In human belief, unmanaged stress can damage health. How does the Christian Scientist cope with stress? “The true consciousness” expresses the peace and steadiness of Soul. Through Christian Science we can progressively admit that consciousness as ours.

As we do so—as we follow the apostle’s rule “Let this mind be

in you, which was also in Christ Jesus”⁴—we become more and more certain that the truths of God and man do indeed initiate a health revolution. We find we can heal ourselves and others on a wholly spiritual basis. We realize that the health revolution was, in a major way, propelled by Christ Jesus twenty centuries ago, though his teaching and works were not scientifically grasped at that time.

Christian Science treatment is based on the absolute scientific truths of God and the entire universe. This Science explains how to treat—to specifically affirm the truth of being and deny discord in a focused way according to the individual characteristics of each case. If we’re aiding someone else in gaining a more spiritual expression of health through our treating him, we need to see that treatment is not the putting of oneself—or anything else—between the patient and God, but the taking away of whatever would claim to interpose itself between God and the patient.

The oneness of God and man, increasingly acknowledged, delighted in, and demonstrated, will put health seeking and finding on a radically different and effective basis.

GEOFFREY J. BARRATT

¹ *Miscellaneous Writings*, p. 298; ² *Science and Health with Key to the Scriptures*, p. 297;

³ Quoted in *Business Week*, August 21, 1978, p. 107; ⁴ Phil. 2:5.

Floating ax heads

You probably know the story. Men were cutting wood near the Jordan River. If you have ever had an ax head fly off while swinging the handle, you can appreciate how that man must have felt when this happened. Just as today, when a neighbor’s tool is going to break, it always seems to happen just when you’ve borrowed it! To top it off, the ax head landed in the water and disappeared.

Elisha was there. Not by some sort of mysterious personal power, but entirely through pure spiritual acuteness he quickly moved the piece of iron to the surface of the water. (See II

Kings 6.) Elisha did not set out to violate a law of physics. His intent was to fulfill a divine law—a timeless Christian law of healing. And this law was fulfilled by exercising spiritual power.

People today are still “floating” various kinds of ax heads. But some do it with the efforts of a mortal mentality. They accept the basic premise of material existence and within that framework exercise a personal mind to shift human events—even objects. Others, like Elisha, are bringing their Christly spirituality to bear on events. Certain freedom from limitation results.

That freedom is won at the expense of supposed physical laws. There is a huge distance between the two approaches—often in motive, always in understanding God. The first emphasizes matter as substance. The second discerns the allness of divine Mind. This recognition draws human concepts into conformity with Mind’s goodness.

Many firmly held concepts—time, space, matter, a personal mind—are not fixed realities. They serve human belief rather than define eternal truth. Some of these concepts are rigid and rarely flexible. Others are fluid. All are based on a misconception of Mind’s infinity.

More people are discovering that the exercise of a personal will can rearrange even the more inflexible views of space and matter. Through psychokinesis, some are reporting, an object may be moved without anyone’s physically touching it. Unimpressed with this sort of phenomenon, Mrs. Eddy comments: “It should not seem mysterious that mind, without the aid of hands, can move a table, when we already know that it is mind-power which moves both table and hand. . . . These movements arise from the volition of human belief, but they are neither scientific nor rational.”¹

Whenever a mortal mentality is used to manipulate matter, an understanding of God is sacrificed. The reason is that God is the only Mind. The assumption of an independent mind and its personal determination to act in defiance of the “laws” of materiality are a far cry from the humble acceptance of one Mind taught by Christian Science. A deeply felt perception of God as Mind dissolves the limitations of materiality,

and changes are impelled by truth rather than personal belief.

The truth of being is that God is All and Mind's spiritual ideas constitute His infinite creation. The shifting of various facets of human belief, with no more than human belief itself as a cause, should not draw respect or awe. But the dissolving of belief and its unlimited limitations, with an understanding of Mind, is worthy of admiration and pursuit. Discord would limit harmony. The Christianly scientific elimination of discord deserves our love. Illness would limit health. The removal of sickness on the basis of God's allness should attract the true thinker. Shedding the limits of time and space on the basis of deep Christian motivation should be recognized as natural to spiritual progress rather than as a fluke of human experience.

The Bible records many instances in which the theories of physics were simply set aside. Occasionally these instances illustrated an individual's wrongful emphasis on a personal mind and its claim to exist as self-sufficient and independent of God. But more often such events grew out of the lives of those who were seriously devoted to spirituality—those who felt something of God's allness.

Christ Jesus, for instance, consistently brought divine law to bear on all sorts of accepted limitations. The restrictions vanished before his understanding of Mind. Jesus walked above finite theories when he stepped across the water; he loosened those theories when he freed the paralytic; he walked through those theories when, after his resurrection, he entered the closed room.

The movement of matter—whether an ax head surfacing in the water or a person moving through the limits of physical law—illustrates the changing adjustments of the human mind. If those changes represent the thrust of mortal belief, they are of no benefit to mankind. They substantiate the assumption that mind is personal. But if the adjustments are the result of acknowledging the nature of Mind's all-action, true benefits result. Belief in material limitations is lessened. Step by step, we will find ourselves free of the restrictions of matter—even as Elisha did with the ax head—when we grasp something of Mind's ever-presence.

Mind is true substance. Matter is a sequence of erring mortal thought. Mrs. Eddy observes: "The earth's motion and position are sustained by Mind alone. Divest yourself of the thought that there can be substance in matter, and the movements and transitions now possible for mortal mind will be found to be equally possible for the body."²

Many of us have witnessed the power of Mind, God, to set aside mortal limitations. Often these limitations have revolved around relationship problems, lack, fear, and physical difficulties. But sometimes scientific prayer has abruptly loosened strongly held convictions regarding time and space. We should cherish these instances and their significance and be wise enough to share them only at an appropriate time and in such a way that their meaning will be appreciated.

NATHAN A. TALBOT

¹ *Science and Health*, p. 80; ² *ibid.*, p. 90.

Lesson books

They've been used—
opened and reopened,
and time and again looked at,
browsed through, even run to!

But have they cultivated,
trimmed and reshaped thought
causing me to bud and blossom?

These are for more than
shallow forays
sometimes called "reading";
they plant vigorous seedlings of
changed insights into the utility of
Truth—studied, then lived!

STEVEN ALAN AVEY

Kizzy's rescue

Gladys May Gort

Jay is two and a quarter years old and is very happy to say each evening the prayer Mrs. Eddy wrote for the little ones, which is in *Miscellaneous Writings* on page 400:

Father-Mother God,
Loving me,—
Guard me when I sleep;
Guide my little feet
Up to Thee.

He likes to follow this by asking God to bless all the members of his family—his mummy, daddy, sister, grandma and also an uncle who calls round most days.

This uncle has a little dog named Kizzy, which Jay loves very much. But one day Kizzy disappeared on the bleak moors near where they live. Everybody felt quite upset. They thought Kizzy might have fallen down a hidden hole in the ground—since even though people had searched from the moment he was missed until it was too dark to see, they had not found him.

The following day they searched again for hours but still found no sign of the dog, and they returned home feeling very sad.

It was two days before they could look for him again, and the night before they went, when Jay said his little prayer, he added, "and God bless Kizzy." His grandma was with him and told him that because Kizzy was one of God's creatures, God loved him and wouldn't let him get lost or hurt. She said they could trust in this fact and expect that Kizzy's need would somehow be met and he would come home.

When Jay's uncle and a friend went out, they found there had been a heavy fall of snow. Everywhere was white, but a little way off there was a patch where there was very little snow. And when they went to see why, they

found Kizzy at the bottom of a hole. He was unharmed and well, and because of the shape of the hole (wider at the bottom than the top), he had been protected from the worst of the very bad weather.

That night Grandma told Jay to say, "Thank you, God, for blessing us by showing us where Kizzy was, and for keeping him safe."



To God with love

Persis E. Zuber

Do you like sending little messages to friends? And getting some in return? Everyone enjoys loving notes. But getting them is only half the fun. Sending them is even nicer.

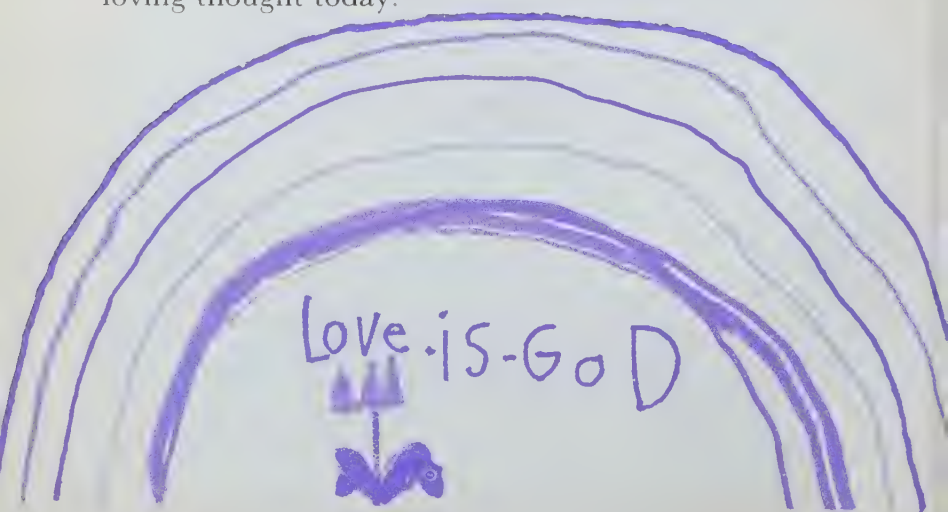
Did you ever think of sending an I-love-you message to God? We can, you know. We can send one every day. Many times a day. And we don't need to mail them. Christian Science shows that we just pray them!

We can make every day a loving day. God is always loving us. He sends us loving messages all the time. They are the Christ-thoughts that protect us and heal us. They make us want to be good.

God is as close as our thoughts. When we are loving we are at one with God, for Love is another name for God.

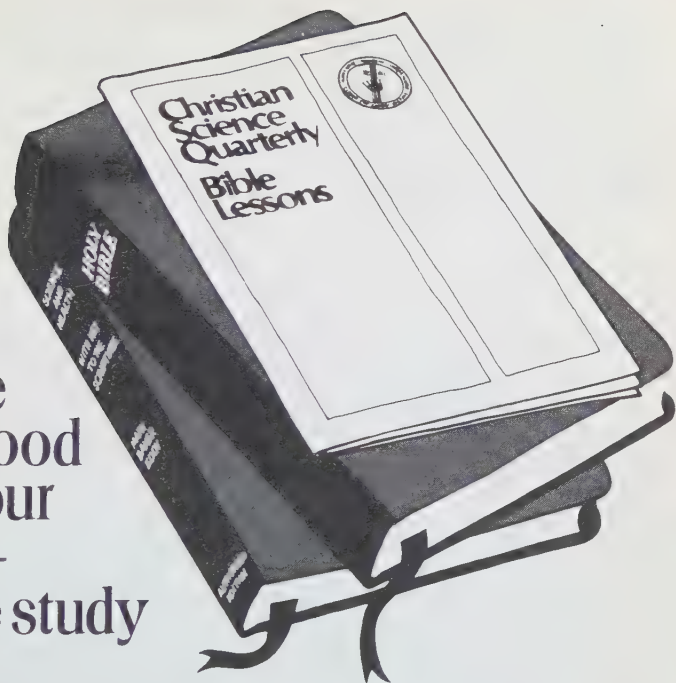
When we are grateful or unselfish, we are loving God. When we are kindly and helpful, we are loving God, because we are loving to express Him.

There are many more ways we can show God we love Him. How many can you think of? Have you sent God a loving thought today?



Drawing by Carson Lynch, age 6

A force for good in your life— Bible study



And a most practical guide to the resources of the Bible is at your disposal: the Christian Science Quarterly—Bible Lessons.

Each lesson centers on a different and vital subject. It combines Scripture verses and stories with related passages from Science and Health with Key to the Scriptures by Mary Baker Eddy, to give you fresh and revealing views of that subject.

The Quarterly comes in English, English-Braille, and any of 12 other languages, at a nominal price. Stop in and make use of it at any Christian Science Reading Room, or write for a free sample copy to

The Christian Science Publishing Society, One Norway Street,
Boston, MA, U.S.A. 02115



Testimonies of Christian Science Healing

Many years ago, six months after the birth of our second child, a physician told me I would have to remain on medication for the rest of my life. At that time I was tired of taking pills three or four times a day. Anticipating the worst, I resigned my job to be at home with our children while I was still able to lavish them with care. Aside from the health problems, this was an enjoyable time.

Several years passed. One morning after the children had left for school I sat down to read the morning newspaper. There was an item that seemed especially for me. It indicated that through the reading of *Science and Health with Key to the Scriptures* by Mary Baker Eddy, one can be permanently healed. I immediately called the Christian Science Reading Room and talked with the librarian about what I had read in the paper and about my desire to receive a copy of this book. The librarian assured me it would be in the mail that same day.

When *Science and Health* arrived, I read it eagerly. The first sentence of the Preface was an open door for me (p. vii): "To those leaning on the sustaining infinite, to-day is big with blessings." And these words confirmed the feeling that God was showing me the way to spiritual understanding (p. 1): "The prayer that reforms the sinner and heals the sick is an absolute faith that all things are possible to God,—a spiritual understanding of Him, an unselfed love." With completion of this book I was entirely healed.

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

After our children were grown, I returned to work. A physical examination was required of all new employees, and I went to my former physician. He looked at my record and noted I had not been in for years. But after the examination he gave me a clean bill of health, saying, "You are completely healed. Whatever you are doing, keep it up!"

Through the study and application of this Science, all my needs are met. Although my debt to Christian Science and its Discoverer and Founder, Mrs. Eddy, can never be repaid, my gratitude is expressed in some measure through work in a branch church and in the Reading Room.

(Mrs.) ELIZABETH D. BACON
Washington, District of Columbia



When our daughter was quite young, she had chicken pox. One evening I discovered her body was covered with the spots. She asked me not to look at them. I was immediately reminded of this Bible verse referring to God (Hab. 1:13): "Thou art of purer eyes than to behold evil, and canst not look on iniquity." Our daughter had been taught that God does not make disease, and by not looking at the evidence we could better know its unreality and her perfection as His child. Neither of us was further disturbed. By morning the spots were almost gone, and she was soon entirely free.

I am grateful that study of Christian Science has given me a deeper understanding of the Bible. Mrs. Eddy says (*Science and Health*, p. 547): "The Scriptures are very sacred. Our aim must be to have them understood spiritually, for only by this understanding can truth be gained." This spiritual understanding gives us needed assurance that God is guiding and governing our lives.

Some years ago, on short notice, my husband was transferred by his firm to another province. The task of selling our home and moving was left to me. At first many people came to see the house but found it unsuitable, mainly because of its small size. I had asked a Christian Science practitioner to pray for me, and

together we recognized God as the provider of all good. I was encouraged to see our house as a blessing to the one who would receive it, as it had been to us. The house was sold, and the new owner was most appreciative.

Last winter I had a painful infected molar. I denied the suggestion that a tooth could have intelligence or an ability to inflict pain. In my true nature as a spiritual idea, I could express only harmony and perfection. When I received no complete relief, I phoned a practitioner. Her confident insistence of the perfection of my spiritual status comforted me, and the pain left. But at night it returned, and I could not sleep. In the morning I again phoned the practitioner. She reminded me of how receptive I had been to the truths we had discussed, and she urged me to claim my complete healing.

I went outdoors to a secluded spot and vigorously denied the error and affirmed my spiritual perfection. I thought of these words (*Science and Health*, p. 463): "A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive." I saw it was ridiculous to believe a spiritual idea could have pain, discomfort, or swelling! The pain stopped, and later I was able to eat a meal. The swelling on my face disappeared very shortly. This was the first time I had turned to Christian Science for healing of my teeth, and I was glad to see the results. I am grateful for spiritual growth resulting from my sincere desire to understand and practice this Science.

(Mrs.) LILY MORTON
Ottawa, Ontario, Canada



[Original in Spanish]

In 1971 I thought I would end my life, since I didn't see any good reason to live. From childhood I had always wanted to know the answers to the apparent mysteries of life. Where was God? What was the reason for living? Why are some people happy and others burdened by physical and mental misery?

I studied psychology to know the basis of human woe. But the search didn't satisfy me. I read philosophy, existentialism, the

writings of Descartes, the philosophy of Pascal, and the religion of St. Augustine. For a year I studied in the Rosicrucian Order. But none of this gave me the answer to the origin and destiny of man. One day I entered the local Christian Science Reading Room, and the librarian lent me the book *Science and Health* by Mrs. Eddy. There was no doubt in my mind that this book contained the truth; I didn't doubt the logic of what I was reading. *Science and Health* was like water to a thirsty person. I decided from the first reading to continue in this way and to become a member of the church that promoted such beautiful truth.

I spent three years in the Army and had the opportunity to put into practice what I knew of Christian Science. During basic training, after two weeks of marching, running, and being on my feet for hours, one foot and ankle were swollen. The swelling was so great I used crutches to walk. The doctors gave me a few weeks to be healed; if I wasn't, I would be discharged from the Army. I decided to call the Christian Science Minister for Armed Services Personnel and ask him to pray for me.

The Minister was very kind to me. I called him every day to tell him of my progress. And he comforted me with words of truth concerning God, and man in His likeness. He talked with the company commander, who gave me permission to visit the city on Sunday mornings to go to church. These visits blessed me and sped the healing. Within two weeks I was healed. The swelling went down, and my foot and ankle no longer hurt when I walked.

The marvelous thing about this healing is the fact that I continued to do the physical exercises daily and that the pain did not return. We walked through the mountains, marched tens of miles each day, and some of our activities involved running. I felt a great power, divine Love, was sustaining and guarding me. From then on, everything was harmonious and successful for me. I passed basic training and also a course in personnel management, all of it successfully, thanks to Christian Science.

A year later, I had a healing of a dislocated hand and wrist. While wrestling with a friend, I fell and injured my hand. That

night I couldn't sleep because of the pain. The next day I called a practitioner. The pain in my hand diminished. That night I slept very well, and in three days I was able to use the hand normally. I have had other healings, especially of personal relationship difficulties through the scientific understanding that man is naturally good as the child of God.

I only ask to be more humble and receptive each day, in order to be worthy of sharing this truth with others.

MIGUEL ORTIZ MONROIG
San Juan, Puerto Rico



I decided to join the Church of Christ, Scientist, in appreciation of its teachings. My desire for physical healing was secondary. I wanted to know more of God as the one Mind, all-loving divine Principle. I took this stand for church membership in the glare of family antagonism. The next day an abnormal internal growth was eliminated from my body. This was my first Christian Science healing. Disciplined study and faithful church work brought healings of grief, false responsibility, dispositional traits, and fear.

One time I was hemorrhaging. I phoned a Christian Science practitioner for help. The awareness of God as unceasing Love was so vivid that it was clear to me the condition was not real, that it was mortal illusion. I refused to believe the lie. It had never been part of my true nature as God's child. In a few hours the hemorrhaging ceased, and my body was functioning normally again.

In *Science and Health* Mrs. Eddy defines "heart" as "mortal feelings, motives, affections, joys, and sorrows" (p. 587). Several years ago I had symptoms of a heart seizure. I realized that in his healing work Christ Jesus had denied the belief of mortality and affirmed immortality to be the spiritual fact. Now so must I. During the next two hours the following statement became an effective shield for me, deflecting suggestions of fear and pain until they just faded away, never to return (*ibid.*, p. 554): "There is no such thing as mortality, nor are there properly any mortal

beings, because being is immortal, like Deity,—or, rather, being and Deity are inseparable.”

Unsolved problems in my marriage of thirty years resulted in separation, and divorce threatened. I developed an internal difficulty. A lifetime investment in home and companionship was disappearing. The temptation to hate was great. It became evident that my concepts of identity, home, and relationships had been buried in materiality. The real need was not to keep something dreadful from happening but to resurrect my thinking to a more spiritual level.

Deep study, with the prayer of a Christian Science practitioner and the support of close friends, helped me establish the following points: (1) My spiritual identity is unique and precious to God as His idea, untouched by human roles or labels. (2) The generic term “man” includes women as well as men. (3) My true dwelling place is within divine consciousness, and this cannot be stolen, lost, or bargained away. (4) In reality there is only one permanent relationship, wherein no separation, alienation, or divorce has ever occurred—the spiritual relationship each one of us has with God.

During the course of a year the marital situation and physical condition were gradually healed. Five years ago our home life was resumed on a higher basis where mutual respect and understanding prevail. Yes, Christian Science does heal!

(Mrs.) GERALDINE R. WESSEL
Valley Forge, Pennsylvania



A few years ago, when I was seventy-two, I slipped while out having luncheon and broke my hip. My cousin, who is not a Christian Scientist, called a surgeon, who was also dining there. He took me to a nearby hospital. An X-ray showed the break to be very serious, but the surgeon gave his consent for me to retire without a setting, a pin, or a cast. I remained in the hospital because the nearest nursing home for Christian Scientists was several hundred miles away.

A Christian Science practitioner was called to pray for me,

and from then on I worked closely with her. No medication was given me, but I was free of pain and ate and slept well. I didn't turn on TV or the radio. Nor did I study anything except the Bible and Mrs. Eddy's writings. I also read hymns from the *Christian Science Hymnal* and pondered articles in the periodicals. Many statements of truth I had memorized over the years became part of my continuous prayer.

Mrs. Eddy tells us (*Miscellaneous Writings*, p. 354), "A little more grace, a motive made pure, a few truths tenderly told, a heart softened, a character subdued, a life consecrated, would restore the right action of the mental mechanism, and make manifest the movement of body and soul in accord with God." In the ninety-first Psalm, verse 11, we are assured of God that "he shall give his angels charge over thee, to keep thee in all thy ways." I tried to live the childlike trust in our heavenly Father, as expressed in Hymn No. 291.

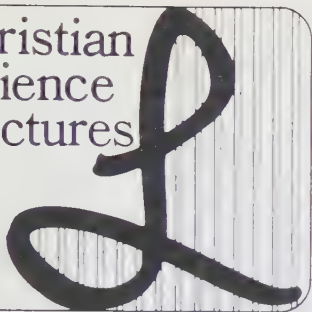
On the eighth day I was able to move my foot slightly. As progress continued, I began to use a walker. Then I traveled home by plane on my own.

At home I was able to take care of myself, and six weeks later I was walking freely. My healing was complete, with no trace of a limp.

Over the years I have had other healings. These include shingles and pyorrhea. Several teeth that had deteriorated at the gum line were restored. Organic difficulties were also overcome. Study and prayer for these healings have served to give me a better understanding of our Father's care for all His children, and my gratitude is beyond words.

(Mrs.) ZOA KEATING AVERY
Evanston, Illinois

Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures.

* If details such as time, place, title, or child care facilities are missing from a church's listing, please see local publicity.

ENGLAND

CHESHIRE—Chester: Northgate Arena, Victoria Rd., 3 p.m., Sun., Apr. 22. "Where in the World Is God?" (McClain)

GREATER MANCHESTER—Cheadle Hulme: High School, Woods Ln., 8 p.m., Mon., Apr. 23. ‡ "Become What You Are" (Rogers)

LANCASHIRE—Burnley: Sion Baptist Church Hall, Church St., 7:30 p.m., Thurs., Apr. 26. "Why Spiritual Healing?" (McClain)

LONDON—London (joint lecture): Central Hall, Westminster, Thurs., Apr. 26. "Is Your Heart on Fire?" (Rogers)*

NORTH YORKSHIRE—Harrogate: Lounge Hall, 7:30 p.m., Mon., Apr. 23. ‡ "Why Spiritual Healing?" (McClain)*

SOUTH YORKSHIRE—Sheffield (Second): Kingfield Hall, Brincliffe Cres. and Psalter Ln., Sun., Apr. 22. (Rogers)*

TYNE AND WEAR—Sunderland: Seaburn Hotel, Sea Ln., 7:30 p.m., Tues., Apr. 24. "The Key to the Mystery of Creation" (McClain)

WARWICKSHIRE—Leamington Spa: Newbold Hall, Royal Spa Centre, Newbold Ter., 8 p.m., Tues., Apr. 24. ‡ "From Hell to Heaven" (Rogers)

DENMARK

Copenhagen: Borups Højskole, 24 Frederiksholms Kanal, 7:30 p.m., Mon., Mar. 26. In Norwegian. "What Are Our Values?" (Gladhorn)

FEDERAL REPUBLIC OF GERMANY AND WEST BERLIN

Berlin (Second): Auditorium Maximum, Technischen Universität, Strasse des 17. Juni 135, 6:30 p.m., Fri., Mar. 30. In German. "Responding to the Word of God" (Anwandter)

Berlin (Eleventh): Grosser Vortragssaal, Staatsbibliothek, 33 Potsdamer Str., 4 p.m., Sat., Mar. 31. In German. "Responding to the Word of God" (Anwandter)

Esslingen: Kleiner Saal, Stadthalle, Entengrabenstr., 7:30 p.m., Tues., Mar. 27. ‡ In German. "Liberation Through Christ" (Anwandter)

Neustadt/Weinstrasse: Konzertsaal, Goethesaal im Saalbau, 1 Bahnhofstr., 5 p.m., Sun., Mar. 25. ‡ In German. "Responding to the Word of God" (Anwandter)

Pforzheim: Aula der Goldschmiedeschule mit Uhrmacherschule, 65 St. Georgen-Steige, 7:30 p.m., Mon., Mar. 26. In German. "Liberation Through Christ" (Anwandter)

REPUBLIC OF SOUTH AFRICA

CAPE PROVINCE—Rosebank (Second, Cape Town): Baxter Concert Hall, Main Rd., 8 p.m., Thurs., Apr. 19. "The Glory of Spiritual Evolution" (Henderson)

Somerset West (Society, Strand): Town Hall, Main St., 8 p.m., Tues., Apr. 17. "Justice Under God's Care" (Henderson)

NATAL—Durban (First): Church, Russell and St. Georges Sts., 8 p.m., Thurs., Apr. 26. ‡ "The Glory of Spiritual Evolution" (Henderson)

TRANSVAAL—Garankuwa: Garankuwa Hall, 3:30 p.m., Sat., Apr. 21. Translation in Tswana. "Use Your Spiritual Power" (Henderson)

NEW ZEALAND

Auckland: Church, 116 Symonds St., 8 p.m., Mon., Apr. 23.‡ "Go Forth in Safety" (Driver)

MEXICO

Ciudad Juarez (Second, El Paso, Texas, U.S.A.): Teatro de Seguro Social, 8 p.m., Thurs., Mar. 15.‡ In Spanish. "Life Without Lack" (Mondino)

CANADA AND UNITED STATES

(Week of March 4 to 10,
and some earlier dates)

CANADA

BRITISH COLUMBIA—New Westminster:

Queens Avenue United Church, 529 Queens Ave., 8 p.m., Fri., Mar. 9.‡ (Hubbell)*

UNITED STATES

CALIFORNIA—Hemet: Hemet Theater, 220 E. Florida Ave., 11 a.m., Sat., Mar. 10.‡ "Let My People Go" (White)

Malibu: Church, 28635 Pacific Coast Hwy., 3 p.m., Sun., Mar. 4.‡ "Let My People Go" (White)

San Bernardino: Church, 736 North E St., 8 p.m., Tues., Mar. 6.‡ "Let My People Go" (White)

Tujunga (Thirty-fourth, Los Angeles): Church, 10210 Commerce Ave., 8 p.m., Mon., Mar. 5.‡ "Let My People Go" (White)

Walnut Creek (Society): Grace Presbyterian Church, 2100 Tice Valley Blvd., 11 a.m., Sat., Mar. 10. "Claim Your Real Inheritance" (Tuttle)

Yucca Valley: Community Center, 57090 Twentynine Palms Hwy., 12 noon, Thurs., Mar. 8. "Let My People Go" (White)

COLORADO—Canon City: Church, 824 Main, 11 a.m., Sat., Mar. 10. (McClain)*

Sterling: Church, 502 N. Fourth St., 3 p.m., Sun., Mar. 4. "Visibility Unlimited" (Robbins)

CONNECTICUT—Middletown: Church, 63 Broad St., 8 p.m., Thurs., Mar. 8.‡ "Eternity Now" (Fleming)

New Canaan: Church, 49 Park St., 8:30 p.m., Fri., Mar. 9.‡ "Eternity Now" (Fleming)

FLORIDA—Avon Park (joint lecture): Church, Avon Park Lakes, 3 p.m.; Sun., Mar. 4. "Mary Baker Eddy's Challenge to Materiality" (Spencer)

Boynton Beach: United Church of Christ, 115 N. Federal Hwy., 8 p.m., Mon., Mar. 5.‡ (Houston)*

Clearwater (First): Church, 210 W. Turner St., 8 p.m., Tues., Mar. 6. (Correll)*

De Land: High School, N. Hill and E. Plymouth Aves., 11 a.m., Sat., Mar. 10. "The Spiritual Viewpoint" (Correll)

Indian Lake Estates: Indian Lake Country Club, De Soto Ave., 3 p.m., Sat., Mar. 10. "What It Takes to Heal" (Spencer)

Miramar (Second, Hollywood): First Presbyterian Church, 6701 S.W. 25th St., 3 p.m., Sun., Mar. 4.‡ (Houston)*

Ocala: Church, 209 S.E. 36th Ave., 8 p.m., Mon., Mar. 5.‡ "The Healing Method of Christian Science" (Spencer)

Orlando: Eola Ballroom, Kahler Plaza Inn—Best Western, 151 E. Washington St., 8 p.m., Fri., Mar. 9.‡ "Evil: Its Nature and Demise" (Spencer)

Panama City: Church, 1025 De Gama Ave., 3 p.m., Sun., Mar. 4. "There's Only One Real Ego" (Correll)

St. Augustine: Banquet Hall, Dutch Pantry, 1300 Ponce de Leon Blvd., 3 p.m., Sun., Mar. 4.‡ "Where in the World Is God?" (McClain)

Sarasota (Third): Plaza II Theater, Crossroads Shopping Center, South Trail, 11 a.m., Sat., Mar. 10.‡ "Dare to Care" (Houston)

Tampa (First): Church, 104 Cedar Ave., 8 p.m., Tues., Mar. 6.‡ "Evil: Its Nature and Demise" (Spencer)

Titusville: Miracle City Twin Cinema, 2500 S. Washington Ave., 3 p.m., Sat., Mar. 10.‡ "There's Only One Real Ego" (Correll)

Winter Haven: Church, 652 Avenue L, N.W., 8 p.m., Thurs., Mar. 8.‡ "The Healing Method of Christian Science" (Spencer)

ILLINOIS—Barrington: Auditorium, High School, 616 W. Main St., 3 p.m., Sun., Mar. 4.‡ "Your Unlimited Opportunities" (McGrew)

Chicago (Second): Church, 2700 Pine Grove, 8 p.m., Tues., Mar. 6.‡ "Reality: Matter or Mind?" (Ferris)

Elgin: Church, 1020 W. Highland Ave., 3 p.m., Sun., Mar. 4.‡ "God, You, and the Kingdom of Heaven" (Pickett)

Lansing: 8 p.m., Mon., Mar. 5. "Your Unlimited Opportunities" (McGrew)*

Peru: Church, 703 Grant St., 8 p.m., Tues., Mar. 6.‡ "The Search for Life" (McGrew)

INDIANA—New Castle: Church, 422 S. 14th St., 8 p.m., Fri., Mar. 9. "Have You Found Yourself?" (Alton)

IOWA—Cedar Rapids: Church, 1242 2d Ave., S.E., 8 p.m., Thurs., Mar. 1.‡ "The Spiritual Basis of Health" (Ferris)

Creston: 8 p.m., Fri., Mar. 9. (Rennie)*

Des Moines (First): Church, 3750 Grand Ave., 8 p.m., Sat., Mar. 10.‡ "Honesty—The Power of Its Deeper Dimension" (Rennie)

Ottumwa: Church, 2727 N. Court Rd., 8 p.m., Fri., Mar. 9.‡ "Your Unlimited Opportunities" (McGrew)

Shenandoah: Church, Fifth and Elm Sts., 8 p.m., Sat., Mar. 10. "The Search for Life" (McGrew)

KANSAS—Salina: Church, Eighth and Mulberry Sts., 8 p.m., Mon., Mar. 5. "Christian Science and the Worth of Man" (Rennie)

Topeka: Tues., Mar. 6.‡ (Rennie)*

LOUISIANA—New Iberia: City Hall, Civic Center, 400 block, Main St., 8 p.m., Tues., Feb. 27.‡ "Quit Conspiring Against Yourself!" (Leever)

MASSACHUSETTS—Belmont: High School, Concord Ave., 3 p.m., Sun., Mar. 4.‡ "Eternity Now" (Fleming)

Fitchburg: Galaxy Rm., George R. Wallace Civic Center, John Fitch Hwy., 8 p.m., Tues., Mar. 6. "Eternity Now" (Fleming)

MICHIGAN—Battle Creek: Church, 226 Capital Ave., N.E., 8 p.m., Tues., Mar. 6.‡ "What's Your Greatest Need?" (Alton)

Detroit (First): Church, 4830 Cass Ave., 3 p.m., Sun., Mar. 4.‡ "God Is Your Provider" (Alton)

East Lansing: Hanna Middle School, 8 p.m., Mon., Mar. 5. "What's Your Greatest Need?" (Alton)*

Flint (Second): Mott Community College, 1401 Court St., 8 p.m., Fri., Mar. 9. "Reality: Matter or Mind?" (Ferris)

Grand Rapids (First): Studio 28 Theater, Rogers Plaza, 1350 28th St., S.W., 12 noon, Thurs., Mar. 8. "Reality: Matter or Mind?" (Ferris)

Troy: Somerset Inn, 2601 W. Big Beaver Rd., 8 p.m., Thurs., Mar. 8. "Reality: Matter or Mind?" (Ferris)

MISSOURI—Springfield: Century 21 Theatre, Battlefield Mall, 11 a.m., Sat., Mar. 10.‡ "Individualizing God's Power" (Pickett)

NEBRASKA—Central City: Church, 2003 17th Ave., 3 p.m., Sun., Mar. 4. "Christian Science and the Worth of Man" (Rennie)

NEW MEXICO—Albuquerque: Church, 500 Richmond Pl., N.E., 3:30 p.m., Sat., Mar. 10.‡ "No, You're Not Trapped!" (Leever)

Carlsbad: Church, 323 N. Canal St., 7:30 p.m., Thurs., Mar. 8. "Diana or Christ?" (Aghamalian)

Hobbs: Church, 901 N. Turner, 7:30 p.m., Thurs., Mar. 8.‡ "No, You're Not Trapped!" (Leever)

NORTH CAROLINA—Chapel Hill: Wesley Foundation, 214 Pittsboro St., 8 p.m., Thurs., Mar. 8.‡ "The Touch of Spirit" (Clarke)

Southern Pines: Church, 212 E. New Hampshire Ave., 8 p.m., Fri., Mar. 9.‡ "The Language of Soul" (Clarke)

Winston-Salem: Shirley Hall, Fine Arts Bldg., Salem College, 8 p.m., Tues., Mar. 6. "The Touch of Spirit" (Clarke)

OHIO—Celina: Church, 516 E. Wayne, 8 p.m., Thurs., Mar. 8.‡ (Alton)*

Springfield: Shouvin Center, Wittenberg University, 737 N. Fountain Ave. and Stoughton Pl., 3 p.m., Sat., Mar. 10. "Have You Found Yourself?" (Alton)

OKLAHOMA—Stillwater: Church, 2214 W. Seventh, 8 p.m., Tues., Mar. 6.‡ "God, You, and the Kingdom of Heaven" (Pickett)

SOUTH CAROLINA—Columbia: Woman's Club, 1703 Blossom St., 11 a.m., Sat., Mar. 10.‡ "The Language of Soul" (Clarke)

Greenville: Daniel Music Hall, Furman University, Poinsett Hwy., 8 p.m., Tues., Feb. 27. "What It Takes to Heal" (Spencer). Note change of place.

TEXAS—Abilene: Auditorium, YWCA, 1350 N. Tenth St., 8 p.m., Mon., Mar. 5.‡ "Diana or Christ?" (Aghamalian)

Amarillo: Church, 2701 Julian Blvd., 8 p.m., Fri., Mar. 9.‡ "No, You're Not Trapped!" (Leever)

Beaumont: Monclas, 535 Mariposa St., 8 p.m., Fri., Mar. 2.‡ "We Thy People" (Heard)

College Station: Sun., Mar. 4.‡ "Life Without Lack" (Mondino)*

Corpus Christi (First): Church, 1102 Second St., 2 p.m., Sat., Mar. 10.‡ "Life Without Lack" (Mondino)

Dallas (joint lecture): McFarlin Auditorium, Southern Methodist University Campus, 3 p.m., Sun., Mar. 4.‡ "Mind and Man" (Heard)

El Paso (First): Civic Center, One Civic Center Plaza, 8 p.m., Thurs., Mar. 8.‡ (Holmes)*

Galveston: Ballroom, Holiday Inn, 600 Strand, 3:30 p.m., Sun., Mar. 4.‡ (Holmes)*

Goliad: Episcopal Parish Hall, 8 p.m., Tues., Mar. 6.‡ "No, You're Not Trapped!" (Leever)

Houston (First): Church, 1720 Main St., 8 p.m., Thurs., Mar. 8.‡ "Do You Need a Change of Heart?" (Mondino)

Lake Jackson: Chapel Wood United Methodist Church, 300 Willow Dr., 8 p.m., Mon., Mar. 5.‡ "Quit Conspiring Against Yourself!" (Leever)

Lubbock: Church, 2202 Broadway, 8 p.m., Mon., Mar. 5.‡ "We Thy People" (Heard)

Marshall: Church, 213 W. Burleson St., 8 p.m., Thurs., Mar. 1. "More than a Superstar" (Aghamalian)

Palestine: Holiday Inn, 1200 E. Palestine, 3 p.m., Sun., Mar. 4.‡ "Quit Conspiring Against Yourself!" (Leever)

Plainview: Church, 109 W. Ninth St., 7:30 p.m., Tues., Mar. 6.‡ "Let My People Go" (White)

San Marcos: Speech and Drama Bldg., Southwest Texas State University Campus, University and Moon Dr., 3 p.m., Sun., Mar. 4.‡ "Diana or Christ?" (Aghamalian)

Terrell: Church, 201 Griffith, 3 p.m., Sat., Mar. 10.‡ "We Thy People" (Heard)

Wichita Falls: Church, 2156 Avenue H, 8 p.m., Tues., Mar. 6.‡ "Diana or Christ?" (Aghamalian)

VIRGINIA—Arlington (Second): Church, 3101 Arlington Blvd., 3 p.m., Sat., Mar. 10.‡ "Why Spiritual Healing?" (McClain)

WASHINGTON—Seattle (Second): Bay Theatre, 2044 N.W. 67th, 12 noon, Thurs., Mar. 8.‡ (Hubbell)*

WEST VIRGINIA—Bluefield: Church, 1409 Augusta St., 3 p.m., Sun., Mar. 4.‡ "The Language of Soul" (Clarke)

Charleston: Parlor B, Daniel Boone Hotel, Capitol and Washington Sts., 3 p.m., Sat., Mar. 3.‡ "The Language of Soul" (Clarke). Note change of place.

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

LECTURE NOTICE

Detailed information regarding lectures in the United States and Canada must reach the Journal and Herald Card Department *nine weeks* before the week in which the lecture is to be given in order to ensure publication in the *Sentinel*. Information regarding lectures in other countries must reach the department *ten to fourteen weeks* before the week of the lecture. When lectures are to be radiocast, it should be so stated, station and frequency being included. When Children's Room facilities are to be available, this also should be stated.

The receipt of all information from the United States and Canada is acknowledged. If an acknowledgment is not received within two weeks, a duplicate notice should be forwarded.

For lecture announcements to be published in the *Herald*, please refer to information on the back of the Lecture Information forms supplied to branch churches.

Two ways to start your Sentinel coming: toll-free number, or clip-out coupon.

If it's easier to phone (and you live in the continental United States), call 1-800-225-7090 to subscribe. Otherwise, just send this coupon.

CHRISTIAN SCIENCE SENTINEL® Box 125, Astor Sta., Boston, MA, U.S.A. 02123

Please send me the Sentinel for

☐ 6 months \$8.75* ☐ 1 year \$17.50*

☐ Check/money order enclosed. ☐ Bill me later (North America only).

Name _____

Address _____

Apt _____

City _____

State/Country _____

Zip/Postal Code _____

*Outside U.S.A., please use current local exchange rate.

R8H

1-800-225-7090

"Judge not according to the appearance but judge righteous judgment."

John 7:24

What appears to be happening in the world today?
Natural disasters? Racial unrest? An arms race?

The Christian Science Monitor's constructive approach to the news helps us look beyond appearances to recognize God's law governing man. You'll find articles that highlight man's achievements. News reports that search out solutions to world problems. Editorials that encourage integrity.

This constructive approach is a good reason to subscribe to The Christian Science Monitor. Simply use the coupon below.

**THE
CHRISTIAN
SCIENCE
MONITOR®**

The Christian Science Monitor
Box 125, Astor Station, Boston, MA, U.S.A. 02123 or

The Christian Science Monitor
London Bureau
108 Palace Gardens Terrace
London, England W8 4RT

Please start my subscription to the Monitor:

Daily edition

☐ 3 months \$13 ☐ 6 months \$26 ☐ 9 months \$39 ☐ 1 year \$49 (saves \$)

Weekly international edition (not available in North America)

Rates include delivery from London by regular mail. Special airmail rates on request.

	U.S. Dollars	British Pounds	W. German Marks	Dutch Guilders	Swiss Francs	Australian Dollars*	New Zealand Dollars*
<input type="checkbox"/> 6 mos.	12.50	6.75	25,00	27,50	21.25	11.25	12.50
<input type="checkbox"/> 1 year	25.00	13.50	50,00	55,00	42.50	22.50	25.00

*For air delivery, add Australian dollars 15.30 or 30.60; New Zealand dollars 17.00 or 34.00.

☐ Cheque enclosed in one of above currencies ☐ Bank draft enclosed (U.S. Dollar)

Name (please print)

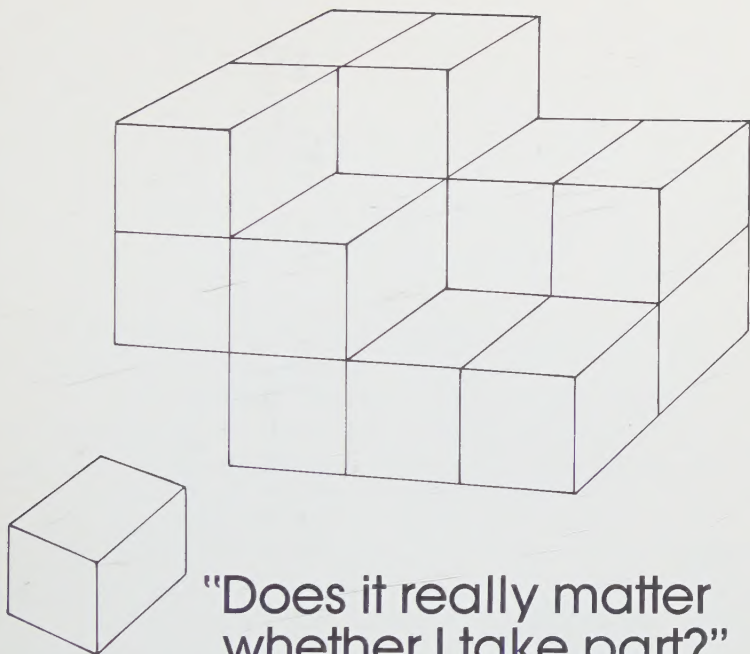
Street

Apt./Flat

City

State/Country

ZIP/Postcode



"Does it really matter whether I take part?"

In the truest sense, the world can't go anywhere without you. Everything you say and do, or don't say and don't do, counts.

For example, when you join The Mother Church, you express in one important way your support for all that the Christian Science movement stands for. And for the many things our Church does to make Truth's light more visible to those who are searching.

Your joining also means that you value the enlightened concept of organization which Mary Baker Eddy set forth in the *Church Manual*. And this has its quiet effect in a world searching for a purer sense of organization.

If you'd like to apply for membership you have only to ask a branch church clerk or any Christian Science practitioner for an application form. Or write to:

Clerk of The Mother Church
The First Church of Christ, Scientist
Christian Science Center, Boston, MA, U.S.A. 02115

To gain a better perspective on these times

The rapid pace of today's changing world challenges many. You can cope, though. You can find a new view of today's events and trends from the unique perspective of a spiritual standpoint.

Two books by Mary Baker Eddy that can be of significant help are *Miscellaneous Writings* and *The First Church of Christ, Scientist, and Miscellany*.



With the *Concordance to the Writings of Mary Baker Eddy*, you can become more aware of what Jesus referred to as "signs of the times." You'll see how Truth is changing things. You'll feel assurance in these advancing spiritual times.

You can learn, too, how to bring healing insight to various disturbing trends in human thought by studying references in Mrs. Eddy's writings on such topics as "crime," "hunger," "strife," "divorce," "materialism."

Your study can show you how to pray for your own and others' benefit. The librarian at your nearby Christian Science Reading Room will be happy to help you in your study. The Reading Room has the books you need.

Miss Frances C. Carlson, Publisher's Agent

One Norway Street, Boston, Massachusetts, U.S.A. 02115